

Malabi

Prep Time: 10 minutes +
Wait Time: 4 hours

Cook Time: 20 minutes

Makes: 4 servings

 Gluten-Free
 Nut-Free Optional



I recommend gathering all the ingredients and kitchen equipment you need, washing your veggies, etc. before starting to cook!

Ingredients

Base:

- 2 cups coconut milk
- 3 tbsp cane sugar
- 1 tbsp rose water*
- 1 cup cold water
- 5 tbsp cornstarch

Syrup:

- 1/3 cup water
- 1/4 cup cane sugar
- 1/2 tsp beet powder* (or 1 tbsp of shredded raw beet)
- 1 tsp rose water

To serve:

- 4 tbsp crushed peanuts/pistachios*
- 4 tsp shredded coconut

Equipment List

- Medium pot
- Whisk
- Small bowl
- Small pot
- Measuring cups & spoons

Recipe Notes:

- Rose water can be found at international food stores, or in the international food aisle in big grocery stores.
- Beet powder can be found at health food stores.
- For a nut-free option, omit the peanuts/pistachios.
- Keep the malabi in the fridge until serving.



Instructions

Base:

In a medium pot, place coconut milk, 3 tbsp sugar, and 1 tbsp rose water.

Whisk together.

Cook on medium heat for 5 minutes, and bring to a slow boil.

In a small bowl, place 1 cup of cold water and 5 tbsp cornstarch.

Mix well together until the mixture is smooth and there are no chunks left.

After 5 minutes, once the coconut milk mixture comes to a slow boil, add the cornstarch mixture.

Mix well together.

Cook on medium heat for 5-10 minutes, making sure to stir every couple of minutes.

As the mixture starts to thicken, lower the heat to prevent it from burning, and keep whisking for a couple more minutes.

Once the texture has thickened, remove from heat.

Pour into serving jars or bowls, making sure to leave room on top for the toppings.

Place on the counter for 10 minutes.

After 10 minutes, place the jars/bowls in the fridge, loosely covered, for 4 hours, to set and cool.

Syrup:

Place 1/3 cup water and 1/4 cup sugar in a small pot, and bring to a boil.

Mix well, making sure to dissolve the sugar.

Once boiled, add beet powder/grated beet and rose water.

Mix well, and keep boiling for 2 minutes.

Remove from heat, and set aside to cool down completely.

If using fresh grated beet, strain the syrup once it's cooled.

To serve, top each jar/bowl with 1 tbsp of syrup, 1 tbsp of crushed peanuts/pistachios and 1 tsp of shredded coconut.